



NEWSFLASH

## Inside Sterling

Supervisor Koran T. Saines

Loudoun County  
VIRGINIA



### COVID-19 UPDATES

~JULY 22, 2020~

## Governor Northam Announces 90 Virginia Destinations Receive Funding to Support Tourism Businesses



Governor Ralph Northam today announced that more than \$866,000 will be awarded to 90 destination marketing organizations (DMO) through a recovery grant program [announced](#) in June. Recovery marketing funds will be awarded to DMOs that have been heavily impacted by the novel coronavirus pandemic, with each awardee receiving a maximum of \$10,000.

Loudoun County's *Visit Loudoun* will receive the maximum amount of \$10,000.

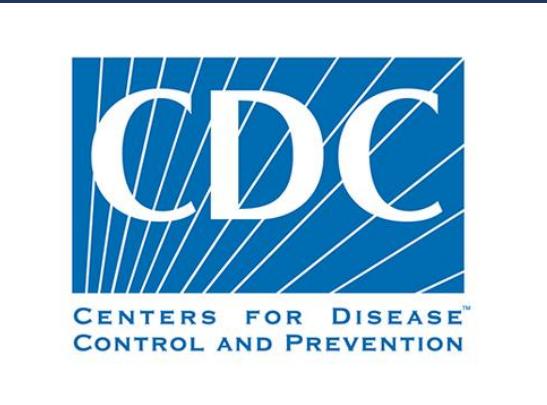
[Read the Full Press Release](#)

## **3 Key Steps to Take While Waiting for Your COVID-19 Test Result**

To help stop the spread of COVID-19, take these 3 key steps NOW while waiting for your test results:

### **Stay home and monitor your health**

If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19, and watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. Remember, symptoms may appear 2-14 days after exposure to COVID-19.



### **Think about the people you have recently been around**

If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others.

### **Answer the phone call from the health department**

Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.

[Learn More](#)

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## **VDOT Continues to Seek Input on Route 28 and Dulles Toll Road/Greenway Interchange Improvement Study**



area.

Interested residents and travelers are encouraged to [view the online presentation](#), [review supporting materials and maps](#), and [provide input by completing an online survey](#) by August 2, 2020.

Study details, the presentation, and online survey are available on the [project webpage](#). Comments and questions can also be sent by:

- [Emailing](#) (reference Route 28 DTR Greenway Study in the subject line)
- Mailing to VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, Va 22030 (attention Abi Lerner, P.E., Project Manager)

***All input and comments must be received by no later than August 2, 2020 to be included in the formal comment period.***

## **When You Can be Around Others After You Had or Likely Had COVID-19?**

Friday, the CDC provided the following new recommendations for when to end home isolation after being confirmed or suspected of having COVID-19 (VDH is expected to adopt these changes):

- 10 days from symptom onset and
- At least 24 hours since the last fever without fever reducing medications (previously at least "72 hours of improvement in symptoms") and
- Symptoms have improved



The CDC no longer recommends ending isolation based on a negative COVID-19 test result. A key reason is some “persistently positive” recovered persons can continue to test positive for COVID-19 for up to three months after illness onset.

[Learn More](#)

## Excessive Heat: How to Stay Cool in Hot Weather

### Stay Cool!

- Drink fluids.
- Avoid strenuous activity.
- Wear light-colored clothing.
- Never leave people or pets in an unattended vehicle.



Find more safety information at [loudoun.gov/heat](http://loudoun.gov/heat)

With heat advisories in effect throughout the region, please make sure to stay hydrated and take precautions against the heat.

You can take these steps to prevent heat-related illnesses, injuries, and deaths during hot weather:

- Stay cool indoors.
- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities carefully.
- Pace yourself.
- Monitor people at high risk.
- Do not leave children or pets in cars.

[Get More Tips on Staying Cool, Excessive Heat Air Quality & More](#)

## Solarize NOVA Offers Loudoun Homeowners, Businesses Discounted Prices on Solar Panels, EV Chargers

The Solarize NOVA program has returned to Loudoun County. Now through August 31, 2020, Loudoun County residents and business owners may utilize Solarize NOVA to learn more about solar power options specific to their property and take advantage of streamlined installation and financing processes.



Anyone interested in learning more about solar power is encouraged to attend one of two upcoming [virtual information sessions](#) about the Solarize NOVA program.

- Thursday, July 30, 2020, 4:00 – 5:00 pm
- Tuesday, August 18, 2020, 11:00 am – 12:00 pm

[Get More Details](#)

## Testing Opportunities in the Area



### The Virginia Department of Health

The Virginia Department of Health has created a map/list that is intended to help provide information of known locations of various COVID-19 test sampling sites by locality.

If you are interested in finding a testing location near you, [click here!](#)

### HealthWorks

HealthWorks--which provides high-quality and affordable health care for patients of all backgrounds, ages and incomes--has expanded their free COVID-19 testing and care for patients to include a satellite site in Sterling.

Testing is by appointment only. For more information on testing days and times, please contact the HealthWorks at [703-443-2000](tel:703-443-2000).

### CVS Testing

CVS Health has opened almost 40 drive-thru coronavirus testing sites across Virginia. Self-swab tests are available for people who meet the criteria issued by the CDC and the state. To get a test, you must register in advance at [CVS.com](https://CVS.com) and schedule an appointment.

For more information on locations near you, [click here](#).

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## **Virtual Workshop - Sharpen Your Networking & Interviewing Skills**

Are you 50 or older, unemployed and looking for work?

Join this free webinar on July 23, 2020 from 1:30 pm-2:30 pm to help you prepare for what's next in your career or job search. Discover how to effectively network, create a winning "elevator pitch," and learn tips to help you ace a virtual interview.

Hosted by the Loudoun Workforce Resource Center and AARP.

Registration required.

[Learn more about the workshop](#)



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## **HHS To Begin Distributing \$10 Billion in Additional Funding to Hospitals in High Impact COVID-19 Areas**



The U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA), recently announced that it will begin distributing \$10 billion in a second round of high impact COVID-19 area funding to hospitals starting next week.

As parts of the nation confront a recent surge in positive COVID-19 cases and hospitals elsewhere continue to recover and grapple with the financial hardships caused by the pandemic, HHS recognizes the need to quickly get these funds to frontline health care providers.

Inova Loudoun is slated to receive \$14,250,000.

[Read More](#)

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## WMATA's Two-Phased Plan to Expand Metrorail and Metrobus Hours and Services in August

### Sunday, August 16 – Metrorail Changes

- Close daily at 11 pm (currently 9 pm); Open on weekdays at 5 a.m., Saturday at 7 a.m. (currently 8 a.m.), and Sunday at 8 a.m.
- Weekdays – Red Line trains will operate every 5 minutes during peak periods (currently 15 minutes) and 12 minutes off-peak (currently 20 minutes). All other lines will operate every 8 minutes during peak periods and 15 minutes off-peak.
- Weekends – Red Line trains will operate every 12 minutes; all other lines every 15 minutes.



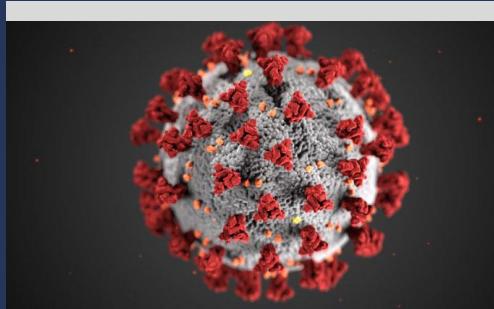
- Reopen six Fairfax County stations west of Ballston (closed to complete Silver Line Phase 2 work) – McLean, Tysons Corner, Greensboro, Spring Hill, Wiehle-Reston East, and West Falls Church.

### **Sunday, August 23 – Metrobus will offer more buses, running more frequently, and for longer hours**

- Close daily at midnight (currently 11 p.m.); Open on weekdays at 5 a.m., Saturday at 7 a.m. (currently 8 a.m.), and Sunday at 8 a.m.
- Weekday bus service will be available on 174 routes with most operating close to normal.
- Weekend bus service will be available on 109 routes on Saturday and 99 routes on Sunday.
- Rear-door boarding remains in effect and fares remain temporarily waived.

### **Stay Informed!**

Keeping with the Board of Supervisors' policy, regularly scheduled meetings of the Board's [advisory boards, commissions and committees](#) are canceled while Loudoun County Public Schools are closed. The county will provide updated information on meeting status as this rapidly evolving situation continues. For the most current schedule, please visit [loudoun.gov/calendar](http://loudoun.gov/calendar).



The county continues to encourage everyone in the community to take steps to limit the spread of COVID-19, which include:

- Wear a mask/face covering ([see requirements](#))



Loudoun County encourages residents to stay informed about COVID-19

- To receive email updates on COVID-19, visit [loudoun.gov/coronavirus](http://loudoun.gov/coronavirus).

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.

- Text **LCCOVID19** to **888777** to receive text alerts from Loudoun County about COVID-19.
- Envíe un mensaje de texto con **LCCOVIDESP** al **888777** para actualizaciones diarias relacionadas con el coronavirus (COVID-19) en el condado de Loudoun.

Residents with questions about COVID-19 may call the Loudoun County Health Department's information line, 703-737-8300, or email [health@loudoun.gov](mailto:health@loudoun.gov).

### **Supervisor Koran T. Saines**

Sterling District Supervisor  
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[703-777-0204](tel:703-777-0204)

[\*\*Loudoun County Government\*\*](#)

[\*\*Sterling District Supervisor Page\*\*](#)

[\*\*Email Koran T. Saines\*\*](#)

### **STAY CONNECTED**



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[About our service provider](#)

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